Resource Guide

This living resource guide was last updated Feb. 29, 2024.

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10 Actions for Pandemic Solidarity ✊🏽

1. **MASK UP** – Wear high-quality, well-fitted respirator masks (KN95 or better) when sharing air beyond your household to care for your neighbors and yourself.

- Mask Information Guide
- A guide to getting masks in 2023
- People's CDC's Guide to Masking

2. **CLEAN THE AIR** – Clean the air you breathe by utilizing air purifiers, opening windows, upgrading filtration, and monitoring air quality.

- How Can You Clean The Air? W.A.T.C.H.
- FAQs on Protecting Yourself from Aerosol Transmission
- How to build your own Corsi-Rosenthal Box

3. **TEST OFTEN** – Test frequently and according to best practices before events, after gatherings, and in your daily life with PCR-quality tests where possible. Isolate from others in your home and community if positive or sick.

- World Health Network's Guide to Testing
- People's CDC Guide to Testing
- Test to Treat Program

4. **MAKE A LAYERED PLAN** – Make a COVID-19 safety plan that includes multiple layers of protection, a support crew, and protocols for sickness or a positive test.

- Layers of Protection
- What to Do When I Have Covid
- I have COVID! What should my kids and I take to reduce chances of severe illness and Long COVID?
- Pods and Pod Mapping Worksheet

5**. SHARE TOOLS** – Share resources such as high-quality masks, updated information from reputable sources, and tests with your loved ones and neighbors.

- Resist Covid Eugenics
- COVID IS NOT OVER zines
- People's CDC
- The John Snow Project
- COVID Action Map

6. **CHANGE THE NARRATIVE** – Use intentional language to promote COVID-19 safety and combat misinformation, minimizing, and denial in your relationships and communities.

- A Covid FAQ with 300 Sources
- How to Talk to Your Loved Ones About Covid
- Long Covid Justice Resource List
- COVID-19 Is not "just the flu"
- COVID isn't just infecting you - it could be reactivating viruses that have been dormant in your body for years

7. **REQUIRE SAFETY** – Require universal masking, testing, and clean air protocols when gathering with friends, family, colleagues, and neighbors to keep everyone safe and not leave anyone out.

- Safer In-Person Gatherings Guide Update
- Masking at Events in 2023: notes on policies & strategies from the brooklyn art book fair
- A non-exhaustive list of activities that spread less disease

8. **PROTECT PUBLIC SPACE** – Demand rigorous and robust COVID-19 safety requirements – including universal masking and clean air protocols – from your workplaces, organizations, healthcare providers, neighborhood shops, and event venues. Boycott those that do not implement them.

- Safer September Toolkit 2023

- COVID Safe Campus
- Covid is a Labor Issue Zine

9. **DEMAND GOVERNMENTAL PROTECTION** – Demand free, accessible, and updated masks, tests, vaccines, treatments, and clean air tools from your local, state, and federal governments.

- Organizing Toolkit to Keep Masks in Healthcare
- People's CDC's Actions
- Long COVID Justice's Direct Action Toolkit
- World Health Network's Weekly Action Team

10. **ACT IN SOLIDARITY** – Put your commitment to liberation over convenience by making connections between the pandemic and ongoing liberation struggles across the globe, divesting from all systems of oppression, and supporting groups fighting for just futures.

- 10 Principles of Disability Justice
- COVID Advocacy Groups
- How to Start a Mask Bloc
- How to Create a Clean Air Organization in Your City

Healthcare Workers and Institutions 🩺

1. Astounding Physics of N95s Video
2. The Public Health Pledge
3. Compilation of Covid Research and Implications
4. COVID-19 Weather Reports
5. COVID Studies
6. How the press manufactured consent for never-ending COVID reinfections
7. Long COVID Moonshot
8. New study indicates that many people will conceal their illnesses, putting others at risk
9. #ProtectNurses Resource List
10. Organizing Toolkit to Keep Masks in Healthcare
11. Using both nose, throat swabs boosts sensitivity of rapid COVID testing

Guardians, Educators, & Caretakers of Children 🚸

1. A plea for covid precautions from a child of an anti-vax parent
2. Everyone is vulnerable
3. How to Talk to Your Loved Ones About Covid
4. Long COVID Justice Resources
5. Pods and Pod Mapping Worksheet
6. Safer September Toolkit 2023
7. Stopping the Spread: Resources about COVID Prevention for Educators
8. Ventilation for Coronavirus in Schools

Leftist Organizations & Community Spaces 📣

1. Able-Bodied Leftists Cannot Abandon Disability Solidarity to "Move On" From COVID
2. How COVID Spreads
3. In Defense of Remote Access
4. Let Them Eat Plague!
5. Masking At Events in 2023: notes on policies & strategies from the brooklyn art book fair
6. Pinkwashing the Pandemic
7. Pride and Rage
8. You Are Not Entitled to Our Deaths: COVID, Abled Supremacy, and Interdependence
9. Why Progressives and Leftist Need to Wear a Mask Since Yesterday
10. You & SARS-CoV-2: JUST SAY NO! (or; how to stay a step ahead of death)

Artists & Creatives 🎭

1. ACT UP / MASK UP posters from @_copy_of_a_copy.
2. An Artists' Guide to Not Being Complicit with COVID-19 in the Hudson Valley
3. COVID Conscious Creatives
4. COVID Posters
5. In Defense of Remote Access
6. Locked Out of the Arts
7. Resist Covid Eugenics Art
8. The Company You Keep